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FAST Board Meeting Minutes Tuesday, February 24, 2009

Board Members Present: Renee Haynes, Walter Dauksher, Lance Holter, Rob Huey, Bill Spahn, Randy Pritchard, Krista Nero, Lisa Hill, Todd Campbell

Missing: None

Guest: Marvin Bush

1) **Call to order**

Meeting called to order at 7:02 PM by Randy Pritchard.

2) **Approval of minutes from 01/27/09 Board Meeting** – Approval was done via email prior to the meeting.

3) **Membership Report** – Randy Pritchard

188 Regular Swimmers

4 HS Prep Swimmers – Membership in this group has fallen off due to the end of the girl's high school season and the start of the boy's high school season. It is likely the high school group will be discontinued for the remainder of the spring and summer. The group will start-up again in September. Bill and Evan are optimistic about the chances for increased membership in the HS Prep group this fall.

16 Masters Swimmers

4) **Coach's Report** – Bill Spahn

FAST is sending 58 kids to the Silver State meet. There are additional kids who have qualified but will not be attending. 12 swimmers will be attending Senior State, and just over 40 kids are swimming individual events at the 14&U Age Group State Championships. The number of kids qualifying for yearend championship meets is up considerably from last year.

Bill commented on the high number of swimmers in the Gold group that can complete an 8x50 kick set on the 50. Bill also noted, "I asked the Gold swimmers to name their three favorite drills. Instantly, the kids all started shouting out different drills." Bill is really impressed with depth of talent in Glee and Denise's groups.

5) **Treasurer's Report** – Todd Campbell

FAST's share of the December Holiday meet was \$1,600. This is far less than the team typically makes on a meet. FAST hopes getting the December meet on the CSI schedule earlier in the short course season will improve attendance and increase revenue for the December 2009 meet.

Todd is forecasting a slight improvement in the team's season-ending cash position.

A discussion was held regarding swimmer dues for the 2009/2010 season. Given the current economic conditions, the board is considering extending the 2008/2009 fee structure for the upcoming season. A final decision on swimmer dues won't be made until Epic announces their lane rental fees for the upcoming season.

6) **President's Report** – Randy Pritchard

- Randy reminded Bill to check with Suzi to make sure the dates for our December meet are reserved on the pool calendar. Bill will also discuss with Suzi potential hospitality room issues.
- FAST is continually searching for additional pool lanes in which to hold practice. As a team, FAST is maxed out at Epic. CSU has three pools. The Moby pool is used by the CSU swim team. The



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CSU recreation pool is used by Vortex Masters. The third “old rec pool” has availability, but CSU currently charges considerably more than Epic for the use of this pool. Bill agreed to give Randy his CSU contact information. Randy is going to see if a more favorable lane rate agreement can be reached.

7) Old Business

a) Videotaping equipment

Bill discussed the possibility of Karl Stewart using the video equipment to record swimmers. Karl would then review the swimmers strokes with them.

The Master’s group is forming groups of two or three to be recorded during the next several weeks of practice.

b) Backstroke Flags

Walter Dauksher and Randy Pritchard have secured the equipment necessary to hang backstroke flags over the practice lanes at the upcoming state championship meet. The flags will be hung over the practice lanes at all future FAST meets. Up to \$500 was allocated for this project. The actual cost of the project appears to be less than \$200.

FAST is still working with Epic to design a set of practice backstroke flags that can be used over the shallow end practice lanes. FAST is looking into a system that will allow the flags to be lowered from the ceiling over the lanes during practice and then raised to the roof once practice is complete. Epic is willing to hang the backstroke flag solution from the ceiling in August when the pool is drained. If FAST wants to hang the flags before August, the team will need to figure out our own method of attaching the flag solution to the ceiling.

c) Scoreboard

Epic is currently reviewing a proposal from Colorado Timing Systems (CTS) to replace the existing scoreboard. The options presented by CTS range in price from just over \$14,000 to just under \$60,000. Epic has not yet asked FAST to help finance the scoreboard upgrade. FAST would like to discuss the scoreboard changes with both Epic and CTS in hopes of solving the swimmer viewing issue that causes kids in lanes 7, 8, 9, and 10 to swim back into their lane to review their race time.

d) Spring Banquet

The following discussions were held regarding the spring banquet

- 1) The banquet will be held on Sunday April 26th.
- 2) Erin Popovich has agreed to be the speaker.
- 3) Currently, FAST is planning to use the Rio Grande’s upstairs banquet room to host the event.
- 4) Initial discussions with the Rio hint that the price of attending the event will be slightly less than last year.
- 5) Lance Holter will be putting together the slideshow. If you have images you would like to submit for inclusion in the show, please send them to Lance at lholter@q.com.
- 6) At least year’s banquet, there wasn’t a cash bar option. There is some concern that parents attending a banquet the Rio will expect to have a margarita beverage option. The alcohol policy needs to be discussed and clearly stated on the banquet invitation.

8) Questions to the Board from FAST Families

- a) “Would it be possible to post psyche sheets for out of town events on the FAST website?”



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Several board members admitted to searching other team's websites to view the psyche sheets for upcoming meets. In the future, an attempt will be made to post the information to the FAST team website when it becomes available. If you don't see the information on the FAST website, you are encouraged to search the website of the host team.

9) New Business

a) Retaining a Spot on FAST for the 2009/2010 Season

Last year, the board was able to offer FAST swimmers returning to the team in the fall after a summer absence the ability to register prior to swimmers joining the team for the first time. This year, due to the number of swimmers currently waiting to join FAST, the board will NOT be able to offer early registration for swimmers planning to leave the team and then rejoin in the fall.

The following policy was adopted unanimously regarding what is required for a swimmer to retain their spot on the team for the 2009/2010 season:

- 1) Swimmers who swim with FAST during the summer and meet their group's practice attendance expectations will retain their spot on the team for the 2009/2010 season. NOTE: Paying dues for a swimmer who will NOT be practicing with the team will NOT retain their spot on the team.
- 2) Group move-ups for all swimmers currently swimming with FAST will occur at the end of the long course season.
- 3) After group move-ups, the coaches will evaluate the number of positions available in each practice group.
- 4) Tryouts will be held in early September to fill all available practice group openings. All new and former FAST swimmers will be required to tryout to obtain an available position.

b) Group Move-ups

At the end of the short course season and the end of the long course season, coaches promote a collection of swimmers to new practice groups. During each "move-up" period, there are swimmers and parents of swimmers who struggle to understand the decision process used in determining whether or not a swimmer should be promoted. The following is a rough outline of factors the coaches use when determining practice group "move-ups."

- 1) For a swimmer to advance to the next practice group, there must be space available in the next group. The current size of the team makes this evaluation a harsh reality. There will be swimmers who are ready to advance, but don't because there isn't space for them. Be assured, the coach's will make sure swimmers are challenged regardless of their group placement.
- 2) For a swimmer to be eligible for a group promotion, they must have been swimming with the team in the two months prior to the evaluation period.
- 3) Lane leadership experience in the current practice group is a key consideration in group promotion.
- 4) Swimmers attending the expected number of practice sessions for their group will be considered for promotion.
- 5) Swimmers consistently completing all practice sets on the prescribed intervals will be considered for promotion.
- 6) A swimmers behavior at practice is considered when determining move-ups. Swimmers listening to the coach's instructions, not disrupting practice, behaving maturely, encouraging their teammates, and giving appropriate effort during practice will be considered for promotion.



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- 7) A swimmer's age will be considered. When possible, an attempt will be made to keep swimmers of similar ages in the same practice groups.
 - 8) A swimmer's participation in FAST attended meets will be considered.
 - 9) A swimmer's participation in qualifying meets such as Silver State, Senior State, LC State, and the 14&U Age Group Champions is considered.
- c) Tasha's Departure
Tasha's tenure with FAST will be ending at the completion of the 14&U State Championships. Evan Welting will be the new coach of the blue group.

Krista Nero is planning a "departure party" for Tasha to be held at Epic the week prior to March 6th. Swimmers and parents are encouraged to stop by to wish Tasha well and learn of her future plans.

- d) Presentation by Marvin Bush

Marvin Bush made a presentation to the board for a potential fundraiser. The premise of the fundraiser is that FAST would be set up with an online travel booking website similar to sites like Orbitz and Expedia. Members of FAST and their friends would be encouraged to book travel using the team's website. All travel booked through the site would result in a commission being awarded to the team. The travel website is run by a publicly traded company called YTB International, and their rates on travel packages are competitive with other online booking sites. There is a onetime fee of \$499.99 to cover the cost of setting up the website. There are no ongoing maintenance fees.

A sample website can be viewed at www.absolutefunwithtravel.com

The board decided to delay a vote on the issue until some additional research can be done. FAST parents are encouraged to review the website and provide their reviews to board members. Also, please let board members know if you would use this type of service if it was available.

The board expects to vote on this issue at the next meeting.

- e) Proposed Long Course Meet Schedule

Meet	Dates	Note
Foothills LC Open	4/17 – 4/19	Team will need to get entries in early to gain entry into this meet.
FAST Spring Splash	5/01 – 5/03	FAST meet
FST LC Open OR North Jeffco Invite	5/15 – 5/17	Team will need to get entries in early to gain entry into this meet.
Albuquerque, NM	6/4 – 6/7	Travel Meet
FAST LC Open	6/19 – 6/21	FAST
Northern Colorado LC District Meet	7/11 – 7/12	At Epic, but not hosted by FAST
LC Championships	7/23 – 7/26	At Epic, hosted by FAST



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To Be Determined	8/1 – 8/2	This meet is still being defined by Northern Colorado swimming. The hope is to have one final LC meet for swimmers who were not eligible for the LC Championships.
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f) Meet Support

Lisa Hill and Karen Markel reviewed outstanding meet support hours against the amount of work to be done at our upcoming May, June, and LC State meets. They believe there will be a slight shortage of meet support hours to cover all the positions at our final three summer LC meets.

g) Next meeting: Tuesday March 24th.

10) Adjournment

Motion to adjourn made by Krista Nero, seconded by Rob Huey. Motion passed by unanimous approval. Meeting was adjourned at 10:03 PM.